

# LACROSSE CHECKLIST



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|--|---|
| <input type="checkbox"/> STICK                       | <input type="checkbox"/> GLOVES                       |
| <input type="checkbox"/> HELMET WITH CAGE            | <input type="checkbox"/> SLASH CUFF (OPTIONAL)        |
| <input type="checkbox"/> BALL<br>(WHITE OR COLOURED) | <input type="checkbox"/> JOCK/JILL                    |
| <input type="checkbox"/> MOUTH GUARD                 | <input type="checkbox"/> KNEE PADS                    |
| <input type="checkbox"/> SHOULDER PADS               | <input type="checkbox"/> BASKETBALL OR<br>COURT SHOES |
| <input type="checkbox"/> BICEP GUARD                 | <input type="checkbox"/> WATERBOTTLE                  |
| <input type="checkbox"/> ARM GUARD                   | <input type="checkbox"/> BAG                          |
| <input type="checkbox"/> KIDNEY OR RIB GUARD         |   |